

Aging Well in Alexandria



A Livable Community for All Ages

May 2016

A collaborative communication effort between
*At Home In Alexandria (AHA),
City of Alexandria Division of Aging and Adult Services,
and Senior Services of Alexandria*

Come to the May **Senior Health and Fitness Fair** and hear local experts talk about the importance of being prepared: how to maximize your doctor visits, the benefits of a personal emergency home response system, and simple ways to keep safe and healthy! PLUS fun cooking and exercise demonstrations, including tai chi and line dancing, and free health screenings! The event will be held on Wednesday, May 25 from 9:30-noon at the Lee Center, 1108 Jefferson Street in Alexandria. Call Senior Services of Alexandria at 703 836 4414 ext 110 to register.

A new resource for Caregivers – it's called Hilarity for Charity. It is an organization spearheaded by comedian/actor Seth Rogan. They offer grants as follows: Alzheimer's and Dementia Care Relief Grant Program will award two types of Grants: "Year Long Grants" which consist of 25 hours per week for 52 weeks, and "Short Term Relief Grants" which consist of a one-time 25-hour grant to be used in hourly increments agreed upon by you and your local provider, and within calendar year. Here is the link:

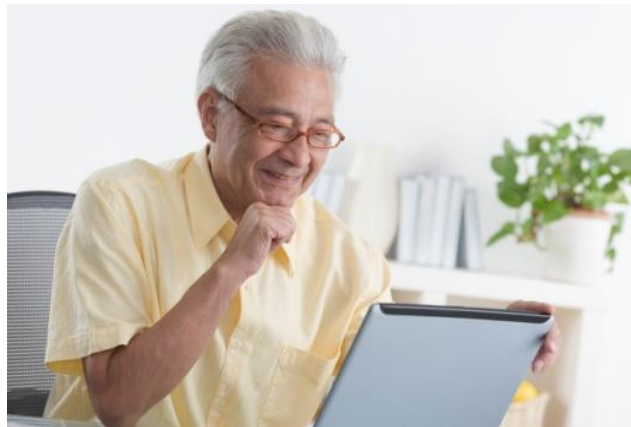
<http://www.hilarityforcharity.org/#!/about-us/cy2g> For information on local resources for caregivers, contact the Division of Aging and Adult Services at 703-746-5999 or on the web at www.alexandriava.gov/aging

Mark your calendar for Wednesday, May 25 from 2:00 - 4:00 PM to learn about how YOU can achieve healthier eating. **"Menu Planning, Smarter Shopping and Options in Meal Preparation"** co-sponsored by At Home in Alexandria (AHA) and Goodwin House at Home will take place at Goodwin House Bailey's Crossroads, 3440 South Jefferson St., Falls Church, VA 22041 Learn how to choose healthy ingredients, shop for your specific needs and tips on substituting healthier options while maintaining flavor. Explore utilizing home delivered ingredients that can make your life easier. The session is free and open to the public, but reservation is encouraged. To register call 703-575-5202 or Email athome@goodwinhouse.org. Complimentary parking will be provided.

At Home in Alexandria (AHA), the city's first "village concept" for aging in place, enables older residents to remain in their homes as they age. Through a network of enriching and supportive services, members enrolled in the fee based program receive assistance with transportation, home repairs, computer support, gardening and much more. AHA also offers social and cultural outings and events. Contact the AHA office for additional information at 703.231.0824 or go to www.athomeinalexandria.org

The Division of Aging and Adult Services is part of Alexandria's Department of Community and Human Services serving seniors, their caregivers and adults with disabilities. Promoting economic independence, self-sufficiency and security through home and community based services; the division serves the diverse needs of Alexandria residents as they grow older. For more information call 703.746.5999 or go to www.alexandriava.gov/aging

Senior Services of Alexandria, SSA, operates the Meals on Wheels delivery program and DOT Paratransit reservations for the City of Alexandria; they present education programs, a speaker series, and a monthly cable television production, *Senior Living in Alexandria*. SSA and the Animal Welfare League of Alexandria operate the Animeals on Wheels program, providing food for pets of low-income seniors. SSA's Friendly Visitor Program matches volunteers with seniors for weekly visits, enhancing connections to the Community. Contact Mary Lee Anderson at 703.836.4414 ext. 111 for more information or go to www.seniorservicesalex.org



Together we can meet the needs of seniors and their caregivers in Alexandria.